



Therapy is going well for youngest multiple killer

COURT Canada's youngest multiple killer is doing well in therapy, but she needs more ongoing help, a court was told yesterday.

A year after she was sentenced for the murders of her brother and her parents in Medicine Hat, a psychiatric report for the girl, who cannot be named, says she has a "failure to internalize."

The now 15-year-old girl was convicted last year of the murders of her family when she was only 12.

She was sentenced to six years in custody at Alberta Hospital Edmonton followed by four years of supervision. She will be free at 22.

Jeremy Steinke, 25, was also charged with the murders and his Calgary trial begins Nov. 17.

KRISTA SYLVESTER/METRO CANADA

Your Money pg 8



Rein in your holiday buys

World pg 5

Cops foil plot to kill Obama

Take Five pg 15



Make it tonight



Unicorn Karissa Myshak practices proper trick-or-treating during EPS Halloween safety demonstration yesterday in a northwest neighbourhood to show how kids can stay safe while trick-or-treating.

Limit freaky Friday fun

Bar staff and city officials are preparing and warning Halloween revellers to keep the partying to a dull roar this weekend.

Halloween hasn't fallen on a Friday since 2003 and with our traditionally rowdy mob of partiers, security in the party zones of Edmonton will be tight.

"We know that if it's predictable, it's preventable," said city Public Safety Compliance spokesman Gary Godziuk.

A few more beat cops will stroll down Whyte Avenue, and extra security will be in place at Commonwealth Stadium for the Eskimos game — at which fans are being asked to not wear masks, or bring in dangerous props, like swords.

Bar owners are reserving the right to refuse entry to anyone they think may cause trouble.

"We know that if it's predictable, it's preventable."

Gary Godziuk, public safety spokesman

Parents are being warned to exercise extra diligence when their kids are out trick-or-treating.

Check out the Edmonton police safety tips at edmonton-police.ca for personal and family safety.

METRO EDMONTON

Cooper murder charge

VICTORIA HANDSIDES
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After 108 days of searching for the person who killed a former Edmontonian, Nancy Cooper's husband has been charged with her murder.

"This has never been a case about a jogger being randomly attacked," said Cary, N.C., police Chief Pat Bezemore.

"It has been a case of domestic violence of the very worst kind."

Based on evidence presented by the Town of Cary Police Department, the Wake County Grand Jury indicted Brad Cooper.

He has been charged with first degree murder, an offence punishable by life in prison with no parole, or death.

"I could think of no more important work than investigating the taking of a life," Bezemore said yesterday.

The 34-year-old mother of two was found floating in a storm runoff pond near her home in Cary on July 14, two days after she had been reported missing by a friend.

An autopsy confirmed

that she had been strangled.

Police didn't list Brad Cooper as a suspect in her murder, though Nancy Cooper's family members testified last week that they think he is responsible.

Temporary custody of the couple's two and four year old daughters has been awarded to their grandparents, Garry and Donna Rentz, who live in Sherwood Park.

In the time since his wife's murder, Brad Cooper has been fighting to regain custody of his daughters.

"Today our family needs to say thank you for all those people that stood by us and supported us during the most complex 108 days of our history," Garry Rentz said.

"We are very grateful to Judge Sasser for giving us the opportunity to provide care for our granddaughters during these turbulent days."

Brad Cooper is currently being held in custody in Raleigh, N.C., and makes his first court appearance today.



Nancy Cooper

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If you use Fox Drive, prepare to find an alternate route in the spring. Beginning in March 2009, the westbound lane of Fox Drive will be closed completely, west of Belgravia Road, until December 2009. The closure is part of the Quesnell Bridge rehabilitation project. **METRO EDMONTON**

Westbound Fox Drive to be closed for most of 2009

Local



Haunted Halloween on 118

Crystal Kids youth centre at 8718 – 118th Avenue will be hosting its own fun and safe approach to Halloween this Friday. The Haunted Halloween on 118 event promises a full-scale haunted house and general Halloween trickery. Admission is \$5, and the event runs from 5 p.m. to midnight.

METRO EDMONTON

Late report filed of robbery, shooting

INVESTIGATION City cops say a violent robbery and shooting at a club near 118th Avenue and 58th Street Saturday morning wasn't reported to police until a day and a half later.

Two black men and two black women approached a man outside the bar around 2:30 a.m. Saturday, and one of the men in the group allegedly pointed a gun at the victim's head, said police.

Police said the gunman wanted a gold chain hanging from the man's neck. When he refused, the gunman fired a shot in the air and the necklace was taken after the man was pushed into the ground.

A bar staffer walked out of the bar and interrupted the attack, and the victim and the worker ran back into the bar, police said.

The gunman followed, and fired a shot into the bar, police said. No one was hurt.

Police say the incident wasn't reported until 6:30 p.m. Sunday, but they are still investigating the case.

JEFF CUMMINGS/METRO EDMONTON

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WHAT'S ONLINE TODAY

Read Allan Small on what to expect as U.S. bailout money enters the market at metronews.ca/live

Watch as an inquiry into botched cancer tests sets its sights on N.L. premier Danny Williams at metronews.ca/canada

Play online Sudoku at metronews.ca/games

Hospital syringe re-use raises alarms

JEFF CUMMINGS
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Health officials are trying to track down thousands of patients who may have been exposed to infectious blood-borne diseases after an investigation determined staff in High Prairie used IV syringes on multiple patients.

Alberta Health Services believes 1,300 patients in the area around High Prairie, 260 km northwest of Edmonton, were exposed to the syringes during endoscopy procedures done be-

tween March 1, 2004 to Oct. 2, 2008. All of them will need blood tests.

Doctors say a review that will go back to 1990 could uncover another 1,400 affected patients who sought dental surgery in that community. They will also require blood tests, doctors said.

Dr. Albert de Villiers, a Peace region medical officer of health with Alberta Health Services, says the problem was identified earlier this month when a new staffer was being shown how to administer painkillers to patients

Reminder

• Dr. Gerry Predy said no other hospital in the province continues to re-use syringes and a memo was sent out to all health executives to remind them.

through intravenous lines using a syringe.

"A manager, basically supervising the process, caught it," said de Villiers, who added the risk to affected patients is low.

Health Minister Ron Liepert said checks in the system worked, since health

officials stopped the practice immediately when it was caught at a 25-bed acute care centre in a small northern Alberta community, about 365 km northwest of Edmonton.

"They are all human beings. There will be mistakes that will be made," said Liepert about staff at the hospital during a press conference at the Legislature yesterday.

"We're not pointing fingers and we are not laying blame."

Liepert said the Health Quality Council of Alberta will be conducting an inves-

tigation.

"We want to make sure the community believes in the hospital," said de Villiers.

"We are trying to make sure this doesn't happen anywhere else."

The province's acting medical health officer, Dr. Gerry Predy, says syringes are "not supposed to be re-used in the system, but it was common practice in the 1990s."

"This is a systematic failure," said Alberta Liberal Health critic David Swann who is a former medical health officer. "The risk is significant."

Last days of fall On thin ice



A pair of Canada geese take a one-legged rest on thin ice at Hawrelak Park on the weekend. The October ice was just a harbinger of winter — but don't panic. Temperatures are soaring, and the kids at Halloween are looking at a fairly benign night of trick-or-treating, with the mercury in the 5 or 6 C range.

Man killed in stairwell

SHOOTING Residents of a Clareview apartment complex went about their day yesterday, largely unaware that an elderly man had been shot and killed in a stairwell while returning to his suite the night before.

Police found the 77-year-old man dead in a stairwell around 11 p.m. Sunday.

The man lived in Clareview Apartments, at 3757 139th Avenue. The two buildings are multi-family rental units built six years ago next to Clareview town centre, a skate park and a hockey arena.

By 9 a.m. yesterday, the body had been removed, the scene cleaned and all police vehicles had left. Police probed management yesterday morning to try to find phone numbers for the victim's family to alert

them that the man had been murdered.

Reports have circulated that the man was the victim of a robbery, but police aren't confirming or speculating on positive motives.

Several eyewitnesses claim to have seen a man running from the area around 10:45 p.m. Police are looking for a man with a dark complexion, around five feet, eleven inches tall, in his mid twenties to early thirties, with short dark hair and a patchy goatee, wearing a dark blue sweater and light pants.

An autopsy is scheduled for today, which will reveal the man's name, and exactly how he died.

The most recent murder marks Edmonton's 23rd of 2008.

VICTORIA HANDSIDES
/ METRO EDMONTON



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Pub attack with the Creepy Crawler

Come get creepy crawly on the Creepy Crawler "Attack of the Halloween Pub Crawl" trip on Friday night. Tickets are \$30, and include no lines, no cover, transportation and stops at a number of wild party spots. Call 70-Crawl for more information. **METRO EDMONTON**

Reward, search for missing man

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Family and friends of Dylan Koshman are scouring the city looking for the missing 21-year-old, hoping for the best, yet fearing the worst.

"There's a part of me that hopes he's still alive and safe, but there's a lot of doubt in there too, which is scary, because he wouldn't have done this," said the missing man's sister, Tara Koshman.

The young man, who arrived from Moose Jaw six months ago to work as a pipefitter, went missing on Oct. 11, after a drunken argument with his cousins.



Dylan Koshman

The fight was minor, with a few harsh words exchanged after the three cousins decided they'd go their separate ways and

move away from one another.

He wandered away from his home on 104 Street and 33 Avenue around 2 a.m., wearing jeans and a T-shirt.

Since his disappearance, there has been no activity on his bank account, and he hasn't picked up his cell phone.

His family insists he's not suicidal, had an insatiable love for life.

They're also not ruling out foul play.

"Somebody out there

saw something — it's impossible that nobody saw him," she said.

His girlfriend, Erin Huff, called police in a panic on Oct. 15, begging for help to find him.

Dozens of friends, family members, and strangers grouped together on Sunday, searching in the forest near his home.

Over the weekend, a lawyer who wishes to remain anonymous offered a \$5,000 reward for any information that leads to his safe return.

Neighbours concerned over trailer park cats

JEFF CUMMINGS
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Edmonton residents who live near a doomed west end trailer park are worried about dozens of cats living there — some left behind after their owners were evicted for a new development.

"It's ridiculous, to some people, animals are like their children," said Albert Steed, who came by the Jasper Place Mobile Park to

feed some of the stray cats. "Why leave the cats here when they can take them to the SPCA?"

Residents at the trailer park on 111 Avenue and 153 Street got an eviction notice a year ago to move out by this Friday as the land was sold to a Calgary-based company that plans to convert it into a commercial property.

Steed, along with other concerned residents nearby, said many of the animals are being neglected and some



Abandoned cats peek out from their hiding place at the Jasper Place Mobile Park.

owners are forced to leave them because many landlords don't accept pets.

The Edmonton Humane

Society says they haven't found any cats left behind in trailers, but they will check every trailer once everyone has been moved out.

The society says it will also help the city's animal control department to help workers catch the stray cats.

"We are concerned about the welfare of any animal and it's unfortunate that they don't have homes in the first place," said society spokeswoman Shawna Randolph.

News in brief

PARK DEATH Police continue to investigate the death of a 60-year-old man who was found unconscious in Mary Burle

Park over the weekend as suspicious. Police are searching for anyone with information.

METRO EDMONTON

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A Canadian judge refused yesterday to review an order revoking the citizenship of Helmut Oberlander, a man who lied when he moved to Canada about working with a Nazi death squad in the Second World War. **REUTERS**

Canada

"This would be the worst time to change your finance minister."

A senior Conservative staffer yesterday, speaking on condition of anonymity, about the new federal cabinet.



Flaherty safe

Stephen Harper appears certain to keep Finance Minister Jim Flaherty, left, in his post as part of the new cabinet to help combat the financial crisis. **REUTERS**

Listeria toll may be higher than reported

INVESTIGATION The human toll of Canada's listeria outbreak may be larger than officials have reported, a Torstar News Service/CBC investigation has found.

Health authorities have confirmed 20 deaths linked to listeria-tainted Maple Leaf cold cuts. But a lack of testing in nursing homes and hospitals during the outbreak could mean many deaths were overlooked.

In one case, blood tests were denied to nursing home residents even though one resident died.

TORSTAR NEWS SERVICE

Watch as a N.L. inquiry into botched cancer tests sets its sights on Danny Williams at metronews.ca/canada

Testing the waters

Manley mulls jumping into Liberal leadership pool

Former Liberal cabinet minister John Manley says he is testing the waters to see whether he should run for the leadership of his party.

"I'm not jumping off the diving board until I'm pretty sure there's some water in the pool," he told reporters at the Ottawa Chamber of Commerce yesterday morning.

The former minister of finance and foreign affairs

said he has heard from people across the country who would like him to throw his hat in the ring, but he said he has no strong desire to replace Stéphane Dion.

"I feel like I John Manley had a great 16 years in public life and did a lot of the best jobs in the



government of Canada — except for the top one," he said. "So I'm giving it a pretty hard-nosed assessment."

He also said whether former New Brunswick premier Frank McKenna decides to enter the race would be a "factor" in making his own choice.

"That's a factor, if he makes a decision, but I have to make a decision for me," he said. **TORSTAR NEWS SERVICE**

News in brief

MISSING Software giant Microsoft Corp. has matched a reward being offered in the search for Brandon Crisp, a missing Barrie, Ont., 15-year-old who ran away from home

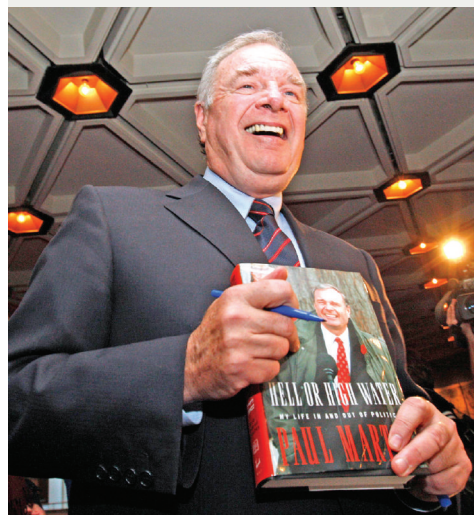
after his parents took away his Xbox 360 video game console.

QUEBEC Quebec premier Jean Charest said yesterday he had not decided whether to trig-

ger an election. There has been speculation for weeks that Charest would try to capitalize on his party's lead in the polls.

METRO NEWS SERVICES

Ottawa A prime minister's story



Former Prime Minister Paul Martin laughs while holding a copy of his autobiography during an event to mark the release of his memoirs yesterday in Ottawa.



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Salmons go for a long swim

Hi-tech devices have tracked two small salmon on a 2,500-kilometre swim from the Rocky Mountains to Alaska in a step towards understanding fish migrations and protecting stocks, scientists said. **REUTERS**

5

World



Six little miracles for a N.Y. couple

A New York woman gave birth to sextuplets — four boys and two girls — earlier this month, the Mount Sinai Medical Center said yesterday. But Digna and Victor Carpio, who also have a seven-year-old son, kept the birth as secret for three weeks as their babies fought to survive, the New York Daily News reported. The babies were born by Caesarean section on Oct. 6 during the 25th week of pregnancy, about three months early, the newspaper reported. **REUTERS**

Hudson's nephew dead

7-year-old had been missing after other relatives killed

Police found the body of Academy Award-winning actress Jennifer Hudson's 7-year-old nephew yesterday, who had been missing since Hudson's mother and brother were slain last week.

Julian King's body had been left in the back seat of a stolen car found abandoned on a Chicago street.

The discovery ended a search that began Friday after a family member found the body of Hudson's mother, Darnell Donerson, 57, and brother Jason Hudson, 29, both shot dead in the family home.

The vehicle in which the

From Idol to Oscar

- Hudson gained fame as a contestant in 2005 on the top-rated U.S. television show American Idol. She placed seventh in the show's third season.
- She earned the role of Effie White in the 2006 film version

of the stage musical Dreamgirls. The role of White, who is kicked out of an all-girl 1960s singing group, earned Hudson the Oscar for best supporting actress and made her a sought-after Hollywood star.

boy's body was found belonged to Jason Hudson and had been missing since the slayings.

"We're following any lead we can get right now," Chicago police superintendent Jody Weis told a news conference. He declined to say how the boy died.

Police said at the start of the investigation Friday that the slayings appeared to be part of a domestic disturbance, but Weis declined to speculate on a motive.

Weis confirmed that William Balfour, 27, had been taken into custody and was being held for a

parole violation, and that he remained a "person of interest" in the case.

Balfour had a relationship with Hudson's sister Julia, but is not the father of the missing boy. Balfour's mother said earlier her son and Julia were estranged and that he had nothing to do with the slayings.

Balfour was released from prison in 2006 after serving seven years on convictions for attempted murder, car theft and vehicular hijacking. An Illinois Department of Corrections spokesman said Balfour was sent back to prison Sunday. **REUTERS**

McCain, Obama battle on economy

ELECTION Republican presidential nominee John McCain and Democrat Barack Obama slammed each other's economic plans yesterday as wrong for the current downturn as they butted heads in Ohio and Pennsylvania in launching an eight-day dash to the election.

Trailing in the polls, McCain attempted to gain traction on the economy by appealing with economic advisers at a Cleveland hotel and vowing to quickly take steps to restore confidence in the wilting U.S. stock market, keep people in their homes and create jobs if elected on Nov. 4.

Obama, holding a poll lead nationally and in many battleground states, began making what his campaign called a "closing argument."

In Pittsburgh and in Canton, Ohio, Obama rallied supporters not to let up in

their drive to gain Democratic control of the White House. "We can't afford to slow down, sit back. We cannot let up for one day or one minute or one second in this last week," he said.

"In one week, at this defining moment in history, you can give this country the change we need," he said.

Twenty-one months after he began an uphill climb that has culminated with him "so close" to the White House, Obama said, "My faith in the American people has been vindicated."

In Washington, court documents disclosed that two white supremacist skinheads were arrested in Tennessee over plans to go on a killing spree and eventually shoot Obama. The plan did not appear to be advanced. Obama would be the first black U.S. president. **REUTERS**



Obama

Disabled women abused more: Study

RESEARCH Women with a disability are more likely to suffer abuse by their spouse or partner, according to new research.

Dr. Brian Armour, of the Centres for Disease Control and Prevention in Atlanta, found that 37.3 per cent of women with a disability reported violent abuse in their lifetime, compared to 20.6 per cent of women without a disability. **REUTERS**

News in brief

SPACE At over \$30 million US per ticket, it is not cheap, but rich adventurers will still pay for a dream trip into orbit despite a global financial crisis, U.S. space tourist Richard Garriott said yesterday. **REUTERS**

Watch Jewish war orphans reunite to reminisce about memories good and bad at metronews.ca/world

Jordan Cornea transplant allows mom to see



Wafa Abdullah, 28, poses with her children Aseel, left, Rowa, centre, and Huthafa at Isra hospital in Amman, Jordan yesterday. Wafa saw her four children for the first time on Monday after a successful cornea transplant in her left eye. Wafa was born blind, according to Jordan News Agency.

U.S. carried out Syria raid: Source

SMUGGLER A raid by U.S. forces inside Syria Sunday is believed to have killed a major smuggler of foreign fighters into Iraq, a U.S. official said yesterday, as Syria condemned the attack as "terrorist aggression."

The official spoke on condition of anonymity about the raid, in which residents and Syrian officials said U.S. troops landed by helicopter and killed eight civilians.

A second U.S. official said U.S. forces had targeted only people they consid-

ered a threat and that women and children were alive at the site when they left.

The Pentagon and the White House have refused to officially confirm or deny U.S. involvement in the incident, which alarmed France and Russia. Both countries called on the United States to respect Syria's territorial sovereignty.

If confirmed, it would be the first U.S. military strike inside Syria since the 2003 invasion of Iraq. **REUTERS**

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Comment & Views

Comment

Left, right, north, south

Barack Obama and Stephen Harper — How weird is that?

NationalReport

Lawrence Martin

This is bizarre. Americans are moving left. Canadians are moving right. It's almost always been the other way around. In fact, it's been 80 years since we've seen this. The only comparable time was when Franklin Roosevelt came to power after we elected arch-Tory R.B. Bennett.

That, too, was in a time of economic peril. Bennett didn't last long. FDR's liberalism soon spread across the border. A rising tide, they say, lifts all boats. It lifted our Liberal ones, sunk Bennett's.

This

memory has probably intruded upon Stephen Harper's roomy cranium by now. There are those polls saying Canadians favour Democrat Barack Obama for the U.S. presidency by a margin of four to one! He's an American politician with a Canadian mindset. Or at least what has generally been considered a Canadian mindset. He's certainly no guns and God guy. He favours public health care, has a social conscience, prefers diplomacy to unilateralism. "I know that the hardening of the lines," he once wrote, "dooms us all."

A lot of Canadians are going to love this man, like they did FDR, in the way they were charmed

by JFK. He is an independent thinker, not transfixed by any ideological trappings, but internally strong. It seems he has followed F. Scott Fitzgerald's dictum: "Life is something that can be dominated — if you're any good."

I'm trying to imagine Stephen Harper paired with him. Our PM can handle himself intellectually with anyone, but the danger for him is that he will look sooooo last century up against Barack Obama.

It's true that Harper has moderated some of his original hard-core conservative gospels. But he's still an old-alliance type on

foreign policy, he's still a foot-dragger on the environment and he's still more of a Milton Friedman disciple than a Keynesian. There are cycles of history. It's tough if you get caught up in the wrong one.

It's not just Harper who tilts against the new tide. There is other evidence of our rightward shift. Our population is moving West, the resource wealth is in the West, the Alberta influence gains strength, our media is more right-wing than ever. On the other hand, the fact that Harper didn't win a majority against a weak opponent tells you something. So does our overwhelming lean toward Obama.

Franklin Roosevelt became more popular here than R.B. Bennett. John F. Kennedy became more popular than John George Diefenbaker. In these careening times, they are precedents worth noting.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Views

Now is the time to slow down immigration

James Bissett

Guest view

It now seems evident we are going to experience a serious economic recession, but so far there has been no suggestion that it is time to cut back on the extraordinarily high immigration intake of the last 10 years.

In the past, when Canada faced an economic downturn the immigration intake was also reduced. This was a sensible policy and beneficial to Canada and to immigrants. There is little sense in bringing immigrants here when they are unable to find jobs and either end up on

our welfare rolls or displace other resident workers. Unfortunately, the policy of regulating immigrant numbers to labour force realities was abandoned in favour of a constant intake of about one-quarter of a million immigrants each year — regardless of labour force conditions.

Consequently, we now have close to 1 million immigrants waiting in the backlog to enter Canada. All of them have met the requirements and, by law, must be admitted. There are a further 60,000 to 70,000 asylum seekers already here waiting to appear before the Immigration and Refugee Board (IRB) and whether they are found to be genuine refugees or not, most will be allowed to remain. Added to this number are

between 150,000 to 200,000 temporary workers in Canada and many of these will not return home when their contracts expire.

Our political leaders did not want to discuss immigration during the election campaign. All the parties are on record of wanting to raise immigration levels. They do this despite growing evidence that immigration is not making any significant contribution to our economic prosperity and does not in any way help us with our so-called aging problem.

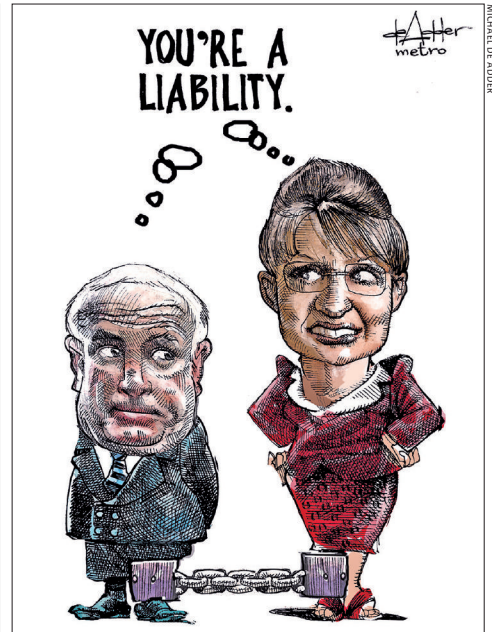
A study published this summer by Prof. Herbert Gruber of Simon Fraser University showed that in the year 2002 alone, the costs in services and benefits received by 2.5 million immigrants who arrived between 1990 and 2002 ex-

ceeded the taxes they paid by \$18.3 billion. This amount is roughly the cost of our Afghanistan campaign.

It is time our political parties stopped using immigrants as pawns in their political games and begin to act in the interests of all Canadians. A first step would be to cut the immigration flow in half and admit only the first in line of those waiting in the backlog and restrict new applicants to the children and spouses of people already here. This is an opportunity for our political parties to work together when Parliament is recalled.

Let's see how they respond.

James Bissett is a former Canadian Ambassador and was the executive director of the Canadian Immigration Service from 1985-1990.



Letters

Jeffery Potter, EDMONTON

I am writing about the so-called transparent government and its services.

I admit I voted Blue and think perhaps I made an error. Did you know there have been more than 20 requests to the privacy commissioner to access information under control of the Maintenance Enforcement Program? All have been declined because of the "confidential nature of their files." Who do they think they are, the CIA?

The recent Children's Advocate controversy shows Premier Ed Stelmach and his ministers do not exercise due diligence in monitoring the activi-

ties of their portfolios, in this instance the Minister of Justice. But does the Alberta government have an Access Enforcement Program to assure the visitation rights of an estranged parent? No.

There is no such thing and no enforcement by police or any authority! I see that money is much more important to the province than the relationship within families.

The Tories set up a multi-million-dollar per year collection agency, but sit around and scratch their heads about family violence, youth criminality, and other social issues associated with marginalizing estranged parents.

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Bullish Brazilian banks post profits

Banco Bradesco and Banco Itau, Brazil's two largest private-sector banks, reported third-quarter revenue increases of 3.2 and 14.6 per cent respectively. Both banks saw potential to grow by snapping up loan portfolios from rivals in distress. **REUTERS**

7

Business

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONews.CA

Employers set to cut wage hikes: Group

Canadian employers looking to cut costs to withstand the global financial crisis are planning to whittle away at wage increases in 2009, the Conference Board of Canada said yesterday.

Even before the market meltdown in September, companies said they were planning to scale back non-union wage increases to 3.9 per cent next year af-

"Chaos in the financial markets ... will undoubtedly put downward pressure on wages."

Conference Board of Canada

ter raising them about 4.2 per cent in 2008, according to the think tank's survey of 395 employers from June through August.

The market meltdown since then likely means that increases will be clos-

er to 3.4 per cent than the 3.9 per cent projected by the respondents, said a Conference Board official. Other forecasts in the report, if revised, are also likely to be lower, it said. "Chaos in the financial

markets south of the border and globally will undoubtedly put downward pressure on wages in Canada," the Conference Board said in its annual survey.

The biggest pay hikes will be in the oil and gas industry and other natural resources, and Western Canada will fare better than the manufacturing-heavy Ontario, Quebec and Atlantic provinces. **REUTERS**

Business in brief

HOUSING Sales of newly constructed U.S. single-family

homes rose in September while average cost fell. **REUTERS**

Business in brief

MARKETS Stock markets worldwide tumbled as more U.S. banks lined up for government cash yesterday and the G7 expressed concern that the soaring yen threatened economic stability. But there were signs global efforts to revive credit markets were working as inter-bank loaning rates moderated and the Fed set terms to buy up commercial paper.

COMPUTERS Microsoft took the wraps off Microsoft Azure, its new computing service that allows companies to use its data centres to run Web applications, in a bid to become a player in the "cloud computing" trend. The platform allows third-party developers to deliver software as an online service rather than on a single hard drive. **REUTERS**

Financial sector shedding jobs

MARKETS Fallout from plunging stock markets is beginning to emerge in the financial services sector as companies cut staff to reduce costs.

While Canadian investment banks have not suffered the massive upheaval that has gripped the U.S. industry, players of all sizes are struggling with a

dearth of underwriting and advisory activity due to the precipitous stock market drop.

RBC Capital Markets, the investment banking unit of Royal Bank of Canada, laid off 20 equity-focused investment bankers last week, as did money management firms AIC and Sentry Select. **REUTERS**



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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

Stuff stockings with love

SmartCookies



smartcookies.com

In one short week the Halloween goodies will be packed away and the retailers will be hauling out their holiday best. We've already seen some stores decked out in festive décor. Before the spending madness begins, let's figure out how we can survive the holidays without getting a Visa bill that makes us lose our rum and eggnog upon opening.

Makin' a List and Checking It Twice

While it's a nice gesture to buy gifts for your entire family, friends and colleagues, if you take note of all the people you plan to buy for and how much that will cost, you will realize that a) it all adds up

and b) a nice card or a warm wish goes a long way. This year, the Smart Cookies are drawing names for family members, setting a spending limit and only purchasing for that one person.

Use Cash

We've said it before and we'll say it again, paying with cash makes you think twice about your purchases and helps cut down on unnecessary spending. If you can't afford to pay for a gift with cash, then you can't afford to buy it.

Shop Online and Compare Prices

We love to shop online and compare prices as we go. We realize you will have to use your credit card for these purchases so the next best thing to using cash is to make sure you are paying your bill off in full as soon as it arrives. If you don't pay your balance off in full, you'll lose the saving benefits of buying online.

Entertaining

Instead of offering a full bar, try serving a feature drink which will cut back on liquor costs. You can get four times the amount of drinks from a 26 oz bottle of vodka, than you can from a 750 mL bottle of wine. And don't be afraid to ask your guests to bring their favourite dish to your soirée. Guests can bring dessert, appetizers or a side dish.

The Holidays are a Time to Share

Share clothes, accessories, shoes and handbags. Don't get wrapped up in thinking you need to buy something new for every holiday get together. Also, rent or borrow the tables, chairs and place settings that you will need to host the holiday get together instead of purchasing new items.

Remember What Matters Most

When we work with families on our W Network show, Smart Cookies, we always ask parents what

they remember most about their childhood. They always recount quality time spent together and not video games or gadgets. While we appreciate that children should be treated with a few special things, don't go overboard. Instead, think of things you can do together that don't cost money, just a little bit of your time.

Visit smartcookies.com for more saving tips and e-mail questions or comments to smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

After the U.S. bailout, is there anything to look forward to? Read this week's column at metronews.ca.



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Unfortunate meeting of death and taxes

Q My brother-in-law recently passed away. My wife is not in the frame of mind to deal with tax issues related to his death but I would like to help as much as I can. Can the funeral cost be deducted on his tax return? He repaid part of his Home Buyer's Plan (HBP). Does he pay tax on the balance?

Lawrence

A You and your family have my sympathies. There are some things in life that if we can avoid dealing with, we will. Our mortality is one. Taxes is another. The passing of a loved one generally leaves the family hurt, shocked and in disarray. There are so many things to get done. Least of all, taxes.

Unfortunately, taxes are part of death as it is part of our everyday life. Records should be kept in a place

MoneyMatters

Henry Choo Chong

choochonghcg@yahoo.ca

that is safe, known to family and easily accessible when needed. Personal expenses such as funeral cost, probate fees and administration cost to estate are not tax deductible. The deceased must report the entire balance owing to a HBP in the year of death. However, an election can be made by the surviving spouse to assume the repayments and defer taxes.

Filing a deceased taxpayer's return can be complicated — seek the advice of a tax professional.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcg@yahoo.ca.

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Dubin passes away

Former Ontario chief justice Charles Dubin, who was best known for heading an inquiry into steroid use by athletes, died at the age of 87 Monday. Known as the Dubin inquiry, the commission was formed after sprinter Ben Johnson lost his gold medal at the 1988 Seoul Olympics for testing positive for steroids. **METRO NEWS SERVICES**

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Sports



Cote down for six to eight months

Canadian UFC middleweight Patrick Cote, left, whose title shot against Anderson Silva was cut short by injury at UFC 90 in Chicago on Saturday, will undergo knee surgery that is expected to keep him out six to eight months. Cote was forced to quit 39 seconds into the third round when his right knee gave out.

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Phillies will have to wait another day — or more



Jimmy Rollins finds an infield dry spot to stand on during Game 5 of the World Series in Philadelphia last night. The game was suspended because of rain in the sixth inning with the Phillies and Rays tied at 2 and the field a sloppy, soggy mess. The game is tentatively scheduled to resume tonight, but weather forecasts in Philadelphia are calling for more of the same. "I can't tell you tonight when we'll resume," MLB commissioner Bud Selig said. "We'll stay here if we have to celebrate Thanksgiving here."

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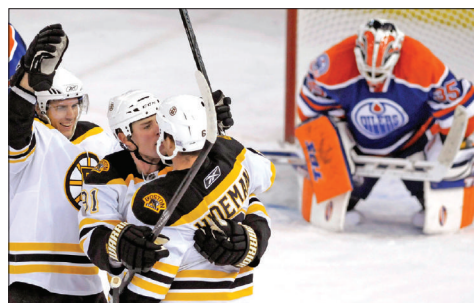
Oilers lose a tough one

NHL RESULT

Bruins 1 Oilers 0



ROBIN BROWNLEE
for Metro Edmonton



Boston's David Krejci, Marc Savard and Dennis Wideman celebrate Wideman's overtime winner against the Oilers' Dwayne Roloson last night.

They last lost to the Oilers on Oct. 17, 2001, by a 6-1 score.

son finished with 35 saves.

THE SKINNY: Tim Thomas out-duelled Dwayne Roloson in a goaltending battle, kicking aside 27 shots through regulation time and overtime before Dennis Wideman settled it 3:18 into the extra frame with the Bruins on a power play.

THE BIG PLAY: Wideman took a pass from Marc Savard in the slot, double-clutched and snapped a high shot past Roloson on the glove side for the winner, with Shawn Horcoff off for hooking.

STREAKING BEANTOWNERS: The Bruins have beaten the Oilers seven straight times in regular season.

UNPLUGGED: After setting a torrid pace in its opening three games, the Oilers power play is ice cold. It went scoreless in three chances and is 1-for-20 in the last five games.

EARLY ACTION: Roloson was particularly sharp early in his second start. At one point in the first period, the Bruins held a 15-5 edge in shots. Roloson

PHILLIPS MUTED: Oilers' Hockey Hall of Fame radio play-by-play man Rod Phillips worked the microphone in this game but will miss the team's seven-game road trip because of an ear infection. Phillips has missed just two games in the past 35 seasons.

THE NEXT GAME: The Oilers open their 12-day road swing against the Predators in Nashville Thursday.

Obama confident on the court; prognosticators not sold on Raptors

He may be diplomatic in political circles, but Barack Obama is quite the trash-talker on the basketball court.

This, at least, is the word from Knicks point guard Chris Duhon, who played recently in a private pick-up match with the man pollsters suggest will be voted U.S. president next week.

In an interview to be aired this week on the MSG television network in New York, Duhon said Obama hollered remarks such as "You can't guard me" in their game.

Obama was a shooting guard at Occidental College in Los Angeles. He led his school in scoring in 1979.

So did his team beat

YorkReport

Marty York

marty.york@metronews.ca



Duhon's?

"No way," Duhon said. "He might be a good president, but I'm a better basketball player and I wasn't going to let him win. I don't take it easy on anyone."

• The NBA's regular season begins tomorrow, incidentally, and I haven't found one objective expert who believes the Raptors can go deep into the post-season.

Typical of the forecasts on the Raptors is this one

from ESPN's John Hollinger: "Jermaine O'Neal is a spent force offensively, but his defence will be huge for a team that has lacked backbone in the middle. Plus, he saves Chris Bosh some pounding. Alas, a lack of dynamic wings and shaky depth mean the Raps are one-and-done again."

Aw, well. At least listening to the team's games on the airwaves will be easier on the ears this season with shameless homer Chuck Swirsky moving to Chicago to serve as a shill for the Bulls.

• Boston Red Sox reliever Jonathan Papelbon has put his game-used baseball glove up for bid on eBay, and the asking price is — brace yourself — \$4,499.99

Good point

• From NFL writer Peter King of Sports Illustrated: "Watching (the Detroit Lions) Dan Orlovsky the past few weeks, I can't believe there aren't 10 CFL quarterbacks better, quite honestly."

US ... The Bosox have told catcher/captain Jason Varitek he can rejoin them next year if he takes a sizable pay cut. If he refuses, Boston might pursue Blue Jays catcher Gregg Zaun ... The Florida Marlins are seeking to unload first baseman Mike Jacobs and the Jays have expressed strong interest in serious trade discussions ... Jays

lawyer Gord Kirke spent the past few days at the World Series in Philadelphia, where he was hanging out with his longtime friend, Pat Gillick, and where he presumably spoke to the Phillies' general manager about returning to Toronto to reunite with front-office boss Paul Beeston and manager Cito Gaston ... Tampa Bay Rays manager Joe Maddon enjoyed some ribbing from some of the Phils' merciless fans during the Series, but he was infuriated by some moron who squirted mustard at his granddaughter. Maddon might press charges.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Sports in brief

NHL Alexander Ovechkin will miss at least one game while in Russia to spend time with his ailing grandfather. The NHL's reigning MVP caught a flight home yesterday morning and will miss the Capitals' game against the Nashville Predators tonight after appearing in 203 straight games.

TRIAL David Frost engaged in threesomes with two teenage hockey players he was coaching and their girlfriends, the sexual exploitation trial of the former NHL agent heard Monday in Ontario. One of the women, now 28, detailed for the court how, during a threesome, her boyfriend had sex with her while Frost was lying underneath her. Frost, 41, has pleaded not guilty to four counts of sexual exploitation against two former Quinte Hawks players.

METRO NEWS SERVICES

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Health



A hot cuppa helps melt hearts

It may seem unlikely, but simply clutching a warm cup of coffee can bring on a flood of warm feelings, U.S. researchers said last week in a finding that suggests a strong link between physical and emotional warmth. "Physical warmth can make us see others as warmer people, but also cause us to be warmer — more generous and trusting — as well," said John Bargh, a professor of psychology at Yale University in Connecticut.

REUTERS

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Restroom fact or fiction?

HYGIENE Some gruesome facts and stats about what's lurking in public bathrooms:

- 80 per cent of all infectious illnesses, from the common cold to exotic, rare viruses like Ebola, are transmitted by touch — FACT.
- In an environment as humid as the bathroom, a single bacterial cell can multiply into one million clones overnight — FICTION. It is actually one billion clones.
- Always close the lid of

the seat before flushing — the toilet can send small drops of aerosolized fecal matter as far as twenty feet into the air — potentially hitting every surface in the bathroom — FACT. Tip: Close the lid before you flush — especially if you like leaving your toothbrush on the sink

- Objects such as a bar of soap, doorknob or sanitary dispenser are the largest single mechanism for transferring germs — FICTION.



Skin is the main transporter of germs.

Skin is the largest single mechanism for transferring germs from person to person. Skin has (100,000) bacteria per gram.

SOURCE: THE SECRET LIFE OF GERMS BY PHILIP M. TIerno, JR.



A toned Bond-type body is about more than just exercise, you also need to focus on food.

Research Study for Type 2 Diabetes Controlled Through Diet and Exercise Participants Needed

What is the goal of the study?

The goal of the study is to test the safety of a new oral medication to treat diabetes.

Who can enter the study?

Persons with type 2 diabetes who: are currently managing their diabetes through diet and exercise; are between the ages of 31-75 years; and have never received insulin therapy. Additional inclusion and exclusion criteria will be reviewed at time of screening.

What are the study participants asked to do?

Participants will spend a total of seven nights in the University of Alberta Hospital and make six visits to the research unit. Participants will be asked to take a new oral medication. Participants will undergo several monitoring tests (vital signs, ECG, blood and urine sampling).

Are participants compensated?

Participants will be compensated at a rate of \$20/hour for a maximum of 244 hours for their involvement in the study.

Who can I contact for more information?

You may call 780-407-2833 or email kate.bailey@capitalhealth.ca to learn more about the study.

The Bond bod

Exercise/diet tips to attain spy's physique

BRIAN COULTON
for Metro Canada



Your mission, should you choose to accept it: Bulging biceps, washboard abs, impenetrable pipes and a chiseled jaw.

Oh, plus a sharp secret operative intellect, weapons proficiency and the ability to make A-list actresses swoon over you.

If Daniel Craig can play James Bond, why can't you? Sure, maybe you can't prod the barhop for a shaken martini as suavely as he can, but a Bond body may be attainable.

Jon Bula, personal trainer and owner of Vancouver's Groundworks Athletics, says you must prepare if you hope to shape a Bond-like physique. "If your end goal is to look like James Bond, you need to set the plan in motion on how you're going to get there," he says. "A James Bond body is not going to come easy. That's hard work, not a gimme."

While building your up-

per body seems like a key area to turn from average to Adonis, Bula says he tells his clients that working their lower body is just as important.

"(My clients) look at me like I'm weird, but when you train your lower body, it improves testosterone and growth hormone release, and it actually helps the rest of your workouts," he says. Add that to weight training and finding the motivation to work out five days a week and Bula says men need not invest in a high-priced personal trainer to find results.

But, Bula urges a toned figure is more than just the absence of body fat. He says you need to focus on food, too. "You can train like a mad man and if you're overeating and drinking too much alcohol, you're still going to be chubby and you're not going to see the benefits of your training."

But how can you be like Bond without drinking his token martini? Doug Cook, a dietician at St. Michael's

Hospital in Toronto says the traditional martini — gin or vodka and vermouth — is just fine in moderation. He warns against fancy mixes.

"If you're getting into mixed drinks or some of these pseudo-martinis, you're going to get a lot of higher sugar content mixes versus the more traditional one he drinks," says Cook.

Other dietary considerations Cook recommends include following a higher protein diet and ensuring you consume appropriate fats, which he says are important to maintain testosterone levels and aid in burning body fat.

And while Cook contends a healthy diet doesn't require supplements, he says nutrients will direct metabolic rates for health and exercise. "A general multi-vitamin really should be recommended for everybody across the board."

• For more coverage, check out Rick McGinnis trying James Bond's life on for size on page 12.



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Book examines digital technology's affect on youth

The generation gap is widening, and it's not just different musical tastes. Digital technology is rewiring young brains. That's the message of Gary Small, author of *iBrain: Surviving the Technological Alteration of the Modern Mind*, published this month by HarperCollins. **TORSTAR NEWS SERVICE**

Viewing HIV as a weapon

The J Spot

Josey Vogels

Sex talk with Josey

The only difference between the flu and the HIV virus is that one is airborne and one is sexually transmitted. But I have yet to see a case of someone being charged with attempted

murder for spreading the flu virus

to someone who then died of the flu (over 6,000 Canadians die of the flu annually compared to about 300 of AIDS). I understand that HIV, unlike the flu, is incurable, and that a life on antiviral drugs is no picnic. And granted, being airborne, it is harder to track down the flu virus carrier, but there is still something wrong with this picture.

In the case of the flu, we take precautions. We get vaccinated. We carry around buckets of Purell. In the case of HIV, we use condoms.

If your partner tells you they are not HIV positive, it is not enough to simply take their word for it. I'm sorry, but unless I see a piece of

paper with test results, my partner's wearing a rubber. If I don't insist on this, I'm responsible for taking that risk, no matter what my partner has told me. Unless it's a case of rape, where the

victim has no choice, we must bear some personal responsibility for the consequences of our sexual choices.

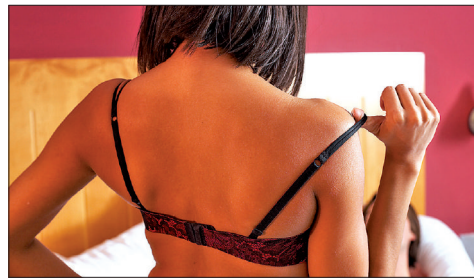
As utterly horrific as the allegations against Aziga are, I can't help but think that the legal reaction is more tied into our often-exaggerated fear of AIDS and our moral judgments when it comes to sexuality and the implied promiscuity we assume when it comes to sexually transmitted diseases.

Remember those stories in the early days of AIDS where someone would sleep with a stranger and wake up to find the message, "Welcome to the wonderful world of AIDS!" scrawled on the bathroom mirror in lipstick or deliv-

ered in a tiny gift-wrapped coffin?

Knowingly spreading HIV is no urban myth. But a virus as a murder weapon? That sounds more like science fiction to me.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



Is the recent case of a man accused of transmitting HIV to his partners tied into our often-exaggerated fear of AIDS and our moral judgments when it comes to sexuality?

"We must bear some personal responsibility for the consequences of our sexual choices."

Don't you hate it when a co-worker shows up at work sick as a dog?

"I hab a terribul flu," they sputter as you frantically reach for the bottle of antibacterial gel you permanently keep on your desk now, because it seems more and more people are deciding their need to prove their indispensability trumps your right to a virus-free zone.

I thought of this as I listened to reports on the trial of Johnson Aziga, the 52-year-old Hamilton, Ont., man facing two counts of first-degree murder after allegedly having unprotected sex without telling sexual partners he was HIV positive. Two of his alleged partners died of AIDS.

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Actor Victor Garber has vowed to become an American citizen in time for the 2012 presidential election. Garber was born in Ontario, but has spent much of his working life in the United States and is eager to play a part in choosing the country's next leader. IMDb.COM

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Birds remake

George Clooney is set to star in a remake of *The Birds*. The actor is the favourite to take the role of lawyer Mitch Brenner, portrayed by Rod Taylor in Alfred Hitchcock's 1963 original. FEMALEFIRST.CO.UK



007 requires stamina

RICK MCGINNIS
Metro Canada

Even the villain was impressed. "Whoa," said Le Chiffre, the terrorist banker in *Casino Royale*, after Daniel Craig's James Bond was strapped naked into a chair before the film's excruciating torture scene. "You've taken good care of your body. Such a waste."

You knew something had changed when Craig's Bond walked out of the surf in the reboot of the Bond franchise two years ago in a blue and black La Perla swimsuit. Only this time it was Bond, not the Bond girl, who was showing off an incredible physique, and in one stroke men all over the world had one more reason to feel a bit inadequate.

Becoming James Bond — if such a thing were possible — starts with the man himself, a fine physical specimen in all but the later Roger Moore films; a killing machine by trade. My journey to try and be a bit more 007 starts with my gym, Bloor Street Boxing in Toronto, where Trevor, the head trainer, tells me what I'd need to do to even hope to fit into those swim trunks.

"With someone like Daniel (Craig) he didn't just start this the other day," Trevor tells me. "It's a long term thing to get there. The first little bit will always be easier. That's where a lot of people go wrong — they work out and lose a bunch of weight,

but they don't move on." I need to sprint, not jog, for one — "With a lot of those stunts, he has to be more explosive" — and I need to avoid the weight machines

Becoming Bond



in favour of the free weights, and exercises like dead lifts, squats and the overhead press.

He tells me that if I come in every other day and work out for a year, doing cardio all the while, I might come close to the Bond physique.

My next step is Rob Ferreira's Krav Maga Toronto, where he lets me sit in on a lesson in the martial art developed by the Israeli army. Judo and karate were once the vogueish Bond martial arts, but it's more realistic to imagine Bond, an ex-special forces soldier, learning this far less elegant disci-

pline. "It's really basic," Rob tells me. "Primal is a good way to describe it. They want you to address the immediate danger by any means necessary ... Whatever the attack might be, a punch, a grab, a choke, a knife, a stick, a gun — whatever. It trains you to use your instincts."

I spend most of the hour trying to escape a bear hug by trying to kick Pat, one of Rob's trainers, in the groin — one of the "two heads" Krav Maga teaches you to target. I wake up the next morning almost unable to stand, but I have an appointment at Silverdale Gun Club, outside Beamsville, Ont., where Frank, a serving army officer, offers to show me how to handle a gun Bond style.

After a lecture on gun safety, Frank pulls out an AR-7, a compact little rifle that packs up into its own



Metro's Rick McGinnis reflects on his poor performance with a Colt .45 at the Silverdale Gun Club outside Beamsville, Ont.

stock, and was featured in both *From Russia With Love* and *Goldfinger*. After a bit of coaching, I'm able to get a few shots on target, but then he moves me up to the sorts of weapons that Bond might pick up along his way — a 9mm Yugoslav-made Tokarev and a 1911 Colt .45 A1.

They're real handguns, and I'm hopeless with them; even shooting while sitting, or standing with both hands firmly wrapped

around the grip, I'm barely hitting the bull's-eye, but when I try shooting with one arm, the recoil sends my arm twitching; puddles in front of the target explode, and clods of mud kick into the air, splashing mud on the target that remains unmolested by any ordinance. I am off to a poor start on my journey to become James Bond.

• Read Metro's Health feature on attaining the James Bond body on Page 10.

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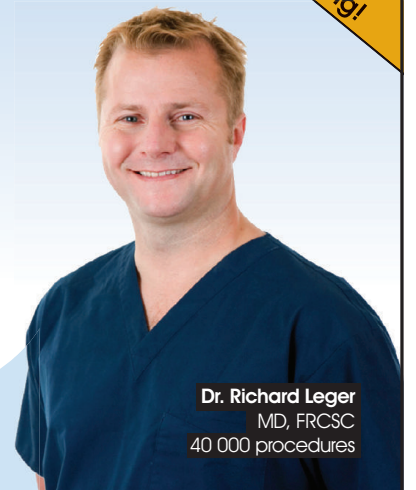
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Eli Stone
Jordan (Victor Garber) must defend himself against charges of insanity while Eli (Jonny Lee Miller) pursues a case against lead paint manufacturers that could lead him to the Supreme Court. The two cases plunge the friends into an angry fight with the fate of their entire law firm hanging in the balance. Meanwhile, his father's diary leads Eli to discover that his visions of the future can be altered — but with shockingly unexpected results.

8:02 PM on EDACCESS

Celebrity Buzz

Britney may star in biopic

MOVIES Britney Spears is set to star in a movie about her life, femalefirst.co.uk reports.

The pop star will reportedly relive some of the most traumatic events in her life — including her breakdown earlier this year, which saw her lose custody of her two sons Sean Preston, 3, and Jayden James, 2 — for the biopic.

"It will be dark and gritty, charting Britney's devastating falls including her traumatic custody battle for her two children. Let's just say it

will not be for the faint-hearted. But it will also show the highs along her incredible life journey," a source says.

Spears is said to be keen to star in the project.

"If anything it will be cathartic for Britney."

She has been through so much and is finally back to her best," the source added to Britain's Daily Mirror newspaper.

METRO NEWS SERVICES



Pink foresees clarity upon turning 30

PEOPLE Pink thinks the world will become "clearer" when she turns 30 next year, femalefirst.co.uk reports.

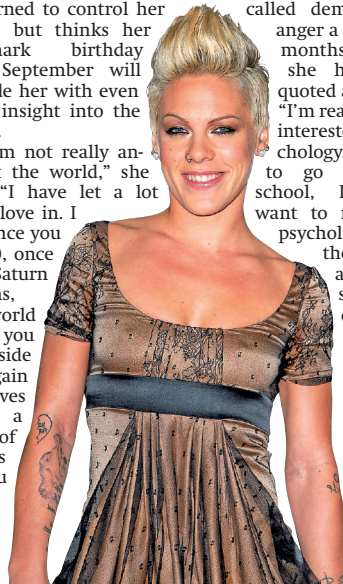
The singer has reportedly learned to control her anger, but thinks her landmark birthday next September will provide her with even more insight into the world.

"I am not really angry at the world," she says. "I have let a lot more love in. I feel once you are 30, once your Saturn returns, the world puts you right side up again and gives you a pair of glasses so you can see everything clearer."

Pink recently revealed she has been taking psychology classes to learn where anger comes from.

"I took a class called demystifying anger a couple of months ago," she has been quoted as saying. "I'm really, really interested in psychology. If I were to go back to school, I would want to major in psychology, even though I'm a high school dropout."

METRO NEWS SERVICES



Biography links Heath to bipolar disorder

BOOK Late actor Heath Ledger may have suffered from bipolar disorder, femalefirst.co.uk reports a new book as claiming.

Ledger was found dead in his New York apartment in January from an accidental overdose of prescription drugs.

Now a new biography of the star, entitled *Heath: A Family's Tale*, reveals his uncle Haydn suffers from the condition and suggests it might have run in the family.

"I don't mind people knowing I have bipolar disorder, and it's a shame that it took this long to be diagnosed," Haydn reportedly told author Janet Fife-Yeomans.

METRO NEWS SERVICES



Sparkly spoon for Gwen's baby

PEOPLE Gwen Stefani's two-month-old son may soon be enjoying his meals with a \$4,000 US diamond-encrusted spoon, femalefirst.co.uk reports.

The singer, who welcomed her second child with husband Gavin Rossdale, Zuma Nesta Rock, in August, was thrilled when her former bandmates presented her with the impressive piece of cutlery.

"Gwen loves it," a source says. "She would never buy it herself, but that is what makes it so special."

The specially-made sterling silver baby spoon is from exclusive jewellers Chrome Hearts.

METRO NEWS SERVICES



celebrity brief

Lindsay hasn't shunned the lads

PEOPLE Lindsay Lohan has denied turning her back on men for good despite embarking on a relationship with DJ Samantha Ronson, according to a pal.

The actress, 22, was romantically linked to Ronson when they were spotted kissing and cuddling at a party in Cannes, France, earlier this year, imdb.com reports. But Lohan's friend and celebrity insider Jo Piazza says she still loves men.

"Lindsay says Sam is the only girl she would go for," Piazza reportedly says.

A source adds, "(Lohan) has been telling everyone over and over that she's still into guys. She keeps saying that if anything went wrong with Sam she would date a guy next."

METRO NEWS SERVICES



celebrity brief

Katy intends to stay grounded

PEOPLE Singer Katy Perry insists she has no intention of letting fame go to her head, femalefirst.co.uk reports.

"You have to be really strong-headed to survive in this industry," she says. "If you are going to get into it, lose your vices because they are not something you should have — especially if you are in the public eye. Eat your vegetables, take your vitamins and be discerning about the people that are around you. Know who is a creep and who is not, who is there for the right reasons and who is not there for the right reasons."

METRO NEWS SERVICES



Amy undergoes tests

HEALTH Singer Amy Winehouse was hospitalized Saturday for tests on her chest and lungs, her London spokesman confirmed to People.

The 25-year-old singer, who was hospitalized in June with a severe lung ailment, had a doctor visit her at home last week, People.com reports.

Then, over the weekend, "they wanted to do some tests as a precaution," her spokesman Chris

Goodman said. "Obviously she had lung and chest problems which she had treatment for not so long ago, so they're just making sure." She was expected to return home yesterday.

Winehouse's father, Mitch, has previously said that the singer's lungs are "all gunked up" from smoking.

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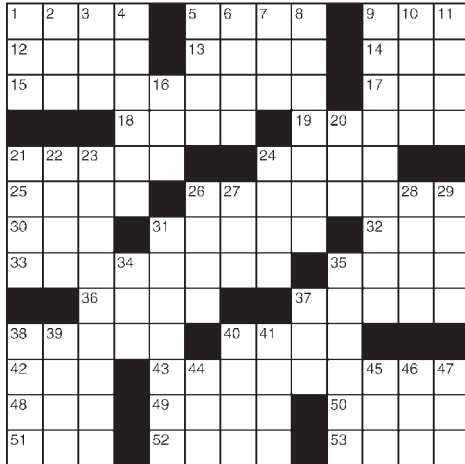
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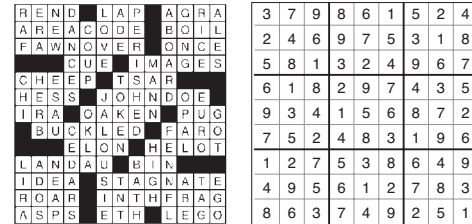
Crossword across

- | | |
|--------------------------|--------------------------|
| 1 Tease | 32 As well |
| 5 From the beginning | 33 Sports-page summary |
| 9 Affliction | 35 Jalopy |
| 12 Midwestern state | 36 Predicate word |
| 13 Tardy | 37 Borscht ingredients |
| 14 Moreover | 38 Tex-Mex recipe |
| 15 Ticket booth income | 40 "The Thin Man" dog |
| 17 Carpet | 42 Actor Holbrook |
| 18 Transaction | 43 Hinge-shelled reptile |
| 19 Poem | 48 Puncturing tool |
| 21 Distorted | 49 A Great Lake |
| 24 Verdi opera | 50 Once around the sun |
| 25 Full house, e.g. | 51 Indivisible |
| 26 Brown-bagger's option | 52 Flavor enhancer |
| 30 Past | 53 Exile isle |
| 31 Satan's purchases | |

Crossword down

- | | |
|----------------------------|---------------------------------------|
| 1 Chore | 26 Nincompoop |
| 2 Discoverer's cry | 27 "— Town" |
| 3 Half-dozen | 28 Winter garment |
| 4 — cobra | 29 Brewery ingredient |
| 5 — Romeo | 31 Journalists |
| 6 Hammer's target | 34 Choice (Abbr.) |
| 7 List-ending abbr. | 35 Call for attention |
| 8 Cotton plant attackers | 37 A/C meas. |
| 9 Product purchaser, often | 38 Secretary of labor under G.W. Bush |
| 10 Responsibility | 39 Actress Goldie |
| 11 Advantage | 40 Botanical angle |
| 16 A mere handful | 41 Undo a dele |
| 20 School's web suffix | 44 — pro nobis |
| 21 Moby Dick's pursuer | 45 Aviv lead-in |
| 22 Palm starch | 46 Retriever type |
| 23 Tennessee city | 47 Geological period |
| 24 Wheelbase terminus | |

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



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SUDOKU SOLVE TIME:	17-21 min Smart
Under 13 min Genius	21-25 min Not bad
13-17 min Scholar	25+ min Keep practising

Recipe of the day



Spicy Steak with Garlic Toast

INGREDIENTS:

- 2 tsp (10 mL) ground cumin
- 1-1/2 tsp (7 mL) chili powder
- 3/4 tsp (4 mL) oregano
- 1/2 tsp black pepper
- 2/3 cup (150 mL) spicy tomato-vegetable juice
- 4 tbsp (60 mL) freshly squeezed lime juice
- 2 cups (500 mL) frozen corn, thawed
- 2 green onions, thinly sliced
- 1 small red pepper, seeded and diced
- 12 oz (370 g) well-trimmed flank steak
- 1 loaf Italian bread, halved horizontally, then halved crosswise
- 1 clove garlic, peeled and halved

METHOD:

1. Stir together cumin, chili powder, oregano and black pepper in a small bowl. Place tomato-vegetable juice and lime juice in a measuring cup. Measure out 2-1/2 tsp (12 mL) of spice mixture and stir into the tomato-lime juice mixture.
2. Combine corn, green onions, red pepper and 1/2 cup (125 mL) of tomato-lime juice mixture in a

medium bowl. Stir to combine. Refrigerate until serving time.

3. Preheat broiler. Rub remaining spice mixture onto both sides of steak. Broil steak 3 inches (8 cm) from heat until medium-rare, about 4 minutes per side. Remove steak but leave the broiler on. Let steak stand for 10 minutes before thinly slicing across the grain, on the diagonal.
4. Place bread under the broiler, cut side up, until lightly toasted, about 30 seconds. Rub toasted side of bread with cut garlic and with the remaining tomato-lime juice mixture and cook until lightly browned, about 1 minute. Serve steak with corn relish and toast.

PER SERVING

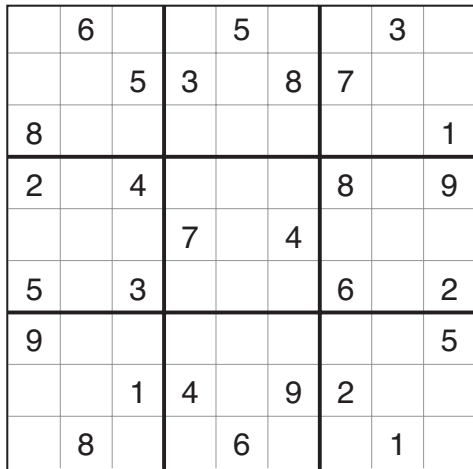
376 calories, 27 g protein, 9 g total fat, 3 g saturated fat, 46 mg carbohydrate, 5 g fibre, 441 mg sodium

SERVES 4



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Horoscopes

ARIES

MARCH 21-APRIL 20

Find a way to get out of tedious plans. Concoct a temporary solution to a problem. Let a deceptive person walk into a trap.



TAURUS

APRIL 21-MAY 21

A serious person gets too pushy. Someone fantasizes about excellent money ideas. A thrilling predicament looks scandalous to others.



SCORPIO

OCT 24-NOV 22

Don't refuse to admit to being at a disadvantage. A mysterious incident leads to pandemonium. Your goals are closer to being realized.



LIBRA

SEPT 23-OCT 23

You'll make some good points in a conversation. Don't waste a chance to discuss your work. An apathetic speech gets a senior in trouble.



GEMINI

MAY 22-JUNE 21

A hotshot's approach to a crisis wins allies. Feel the heat of a friend's obsession. An authority figure's indecision gets irritating.



SAGITTARIUS

NOV 23-DEC 21

A man rationalizes his prolonged hostility. A silly oddball is on the way to success. Don't try to please a demanding co-worker.



CANCER

JUNE 22-JULY 22

A cruel woman demands hard answers. Pick up the pieces and rebuild broken things. A guilty brute makes tracks for parts unknown.



CAPRICORN

DEC 22-JAN 20

A youngster remains emotionally detached. Respond to a threat by refusing to be bullied. A confused person asks for direction.



LEO

JULY 23-AUG 23

A good luck charm will cause surprises. Help out an anxious person and be reliable in a crisis. Someone else's stuff gives you an idea.



AQUARIUS

JAN 21-FEB 18

A mystical friend gives you the solution to a dilemma. You'll feel an evolution of consciousness. Your best friend has news about a forbidden activity.



VIRGO

AUG 24-SEPT 22

A handyman makes an error with helpful hints. A flaky friend is dramatic and time-consuming. A secret is tormenting someone's conscience.



PISCES

FEB 19-MARCH 20

An irritating woman will grate on your nerves. Resolve to make crucial changes. A relationship causes a career to be put on hold.

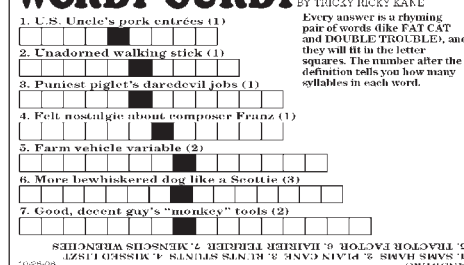


This day in history

OCT. 28, 1636: A vote of the Great and General Court of the Massachusetts Bay Colony establishes the first college in what would become the United States, today known as Harvard University.
OCT. 28, 1886: In New York Harbor, President Grover Cleveland dedicates the Statue of Liberty.
OCT. 28, 1929: Black Monday, a day in the Wall Street Crash of 1929, which also saw major stock market upheaval.
OCT. 28, 1948: Swiss chemist Paul Müller is awarded the Nobel Prize in Chemistry for his discovery of the insecticidal properties of DDT.

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